

SWCC REQUIREMENTS
ACTIVE DUTY

1. IAW MILSPERMAN 1220-340, ensure you meet below requirements:

a. Minimum ASVAB score $VE+AR=104$

Note: For ASVAB Test numbers 5,6, and 7, use WK Score

b. $VE+WK=104$ and $MC=50$

Note: Minimum ASVAB score for HM's is $VE+AR$ or $VE+WK=110$

Five point ASVAB waiver (PERS-401D)

c. Eyesight - 20/20 or correctable to 20/20

d. No color blindness

e. Must be 30 years old or less (See waivers)

f. Be E-5 or below

g. Must be a U.S. Citizen

The PST is as follows:

500-yard swim using breast and/or sidestroke in under 13 minutes

10-minute rest

Perform a minimum of 42 push-ups in 2 minutes

2-minute rest

Perform a minimum of 50 sit-ups in 2 minutes

2-minute rest

Perform a minimum of 6 pull-ups (no time limit)

10-minute rest

Run 1 ½ miles wearing running shoes and shorts in under 12 minutes and 30 seconds